**Introductory Letter**

In no more than 3 paragraphs or one page double spaced, please introduce yourself to me. In your introduction be sure to include:

1. Describe yourself including one surprising fact
2. Explain your career ambitions including why you are taking this course
3. Identify anything you think I should know about you as a student

**Blood Assignment**

1. Identify your blood type, if you don’t know it- you may have to ask your parents. If they don’t know, assume you are O positive.
2. Identify the blood types you can donate to
3. Identify the blood types you can receive from
4. Identify the possible blood types of your parents

**Heart Assignment**

Explain what heart disease is.

In your response include:

1. The causes of heart disease
2. The physiology of heart disease
3. Ways to prevent heart disease

**Nutrition Assignment**

Using the website- [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov), assess your food intake for a 3 day period.

You will need to submit to me your food assessment, which is given after you have submitted all of your nutrition information, as well as a response to the following:

* Which nutrients did you not get enough of (if any)?
* Which nutrients did you get too much of (if any)?
* How can you adjust your diet so that it is more balanced?

**Reproductive System Assignment**

There are two parts to this assignment.

1. Analyze the influence of hormones in the reproductive system. Identify 2 hormones that play a role in the reproductive system, describe that role.
2. The X and Y chromosome are called “sex chromosomes” because ultimately they determine gender. Describe a disorder in which a person has the incorrect number of X or Y chromosomes.